

Abe Miller

"If I can do it, anyone can do it!" Those are the words that are spoken all over T.V. by countless weight loss programs. I used to think, "If they can do it, then why can't I?" I finally realized I had to get my mind set right, or I was never going to lose weight. I was 29 years old and 40 pounds over weight, (according to ridiculous height/weight charts) with a 2-year-old daughter, and I knew something had to change.

My wife had joined Weight Watchers through her work, and I supported her 100 percent, but, as the cook in the family, I wasn't the greatest at fixing Weight Watcher-friendly meals. Despite the meals I made for dinner, I watched her shed pounds week after week, so I knew the program worked, and she convinced me to join.

March 21, 2013 was my first day of Weight Watchers and I remember it like it was yesterday. It was the beginning of an incredible journey; the year that would change my life forever. One thing Weight Watchers does is teach you not only to choose healthy options but also portion control, and that's what I needed. I won't lie. It's tough. It's really tough, but you have to have your mind set right and WANT to make a change. Four months later I was 30 pounds lighter. I felt better, looked better and wanted to be more active, so I decided to start running.

After losing 36 pounds, I noticed I had lost strength, so I started lifting weights along with running. With Weight Watchers, I felt like I was starving myself because I was physically more active but not eating enough food. I slowly weaned myself off Weight Watchers, but first I had to prove to myself that I could eat more the smart way without the help of the program. Once I knew I could do it, I canceled Weight Watchers and moved on to the next chapter of my life.

I mapped out one mile in my neighborhood and took off. Halfway through, I thought my lungs and heart were going to bust through my chest and I was going to squish them right under my feet. But I knew I couldn't stop because it was going to be a boring walk back to the house. The next day, boy was I sore! I was holding hand rails white-knuckle-tight, up and down the stairs, and easing down like a sloth to get in the car (of course my wife laughed at me, but it was all in good fun). I continued running, and the more times I did that one mile, the easier it got. I slowly increased my distance by a half mile and then another half mile. I stayed at the two-mile mark for several weeks until that distance felt good and then started making it three miles.

August 31, 2013 was my first 5k. My ultimate goal was to just finish without walking. That run was the hardest run I've ever done, mainly because it stopped raining 20 minutes before the run, and it was super humid, but my goal was complete. I finished without stopping. I finished the year with four 5ks under my belt, and I hadn't walked a single one of them.

In 2014, I started the year with two goals: a 10k and a mini-marathon, in that order. I knew I could accomplish both. The opportunity presented itself to win a free entry to the Kentucky Derby Festival Marathon/miniMarathon, so I jumped at the chance. Now keep in mind, my goal was to do a 10k first, but I'm a cheap man, and a free entry that is valued at \$75 came about, so I took advantage! When receiving the news I had won, I found a mini training program. I only had five weeks to train, so I started at the end of week seven on a 12-week program! I had three goals with this minimarathon: 1) Finish under 2 hours; 2) Complete every mile under ten minutes; and 3) Do not stop and walk!

So here I am. I'm 30 years old and have lost a total of 40 pounds with the help of Weight Watchers, the support of my wife and self-determination. I still have the two goals of running a 10k and a mini marathon, and I have added one more goal to my list, riding a century (100 miles) on my bicycle before my 31st birthday (August 11). I look back on the past year and I think, "If I can do it, anyone can do it!" I hate to bust your bubble, but no, not everyone can do it, you have to WANT to do it. More importantly, you have to have the mindset to do it.

Official Finish Time 1:56:16 and all three goals were accomplished. I have also signed up for a 10k in two weeks!